



## Provincial Trials Time Standards

Female				Male					
11 & U	12	13-14	15 & O	EVENT	12 & U	13	14-15	16 & O	
34.0	33.0	31.0	30.4	50 Free	SC	32.2	31.2	28.5	27.2
34.7	33.7	31.6	31.1		LC	32.8	31.8	29.1	27.7
1:15.0	1:13.0	1:07.8	1:05.8	100 Free	SC	1:10.8	1:08.8	1:02.4	59.4
1:16.4	1:14.4	1:09.1	1:07.1		LC	1:12.2	1:10.2	1:03.7	1:00.6
2:44.5	2:40.5	2:27.7	2:23.2	200 Free	SC	2:35.6	2:31.6	2:17.8	2:10.5
2:47.7	2:43.7	2:30.7	2:26.1		LC	2:38.7	2:34.7	2:20.6	2:13.1
5:52.8	5:44.8	5:17.0	5:06.0	400 Free	SC	5:35.6	5:27.6	4:59.0	4:45.0
5:59.7	5:51.7	5:23.3	5:12.2		LC	5:42.1	5:34.1	5:05.0	4:50.8
12:02.5	11:46.5	10:49.6	10:27.0	800 Free	SC	11:40.4	11:24.4	10:24.6	9:55.4
12:16.6	12:00.6	11:02.6	10:39.8		LC	11:54.1	11:38.1	10:37.1	10:07.6
39.4	38.4	35.5	34.7	50 Back	SC	37.5	36.5	33.4	31.2
40.2	39.2	36.2	35.4		LC	38.2	37.2	34.1	31.8
1:25.0	1:23.0	1:16.4	1:14.2	100 Back	SC	1:21.0	1:19.0	1:11.5	1:07.0
1:26.6	1:24.6	1:17.9	1:15.7		LC	1:22.5	1:20.5	1:12.9	1:08.4
3:03.9	2:59.9	2:45.8	2:40.4	200 Back	SC	2:55.7	2:51.7	2:35.5	2:28.2
3:07.5	3:03.5	2:49.1	2:43.6		LC	2:59.1	2:55.1	2:38.7	2:31.3
44.7	43.7	40.5	38.5	50 Breast	SC	42.1	41.1	37.3	34.3
45.5	44.5	41.3	39.3		LC	42.9	41.9	38.1	35.0
1:37.2	1:35.2	1:28.4	1:24.6	100 Breast	SC	1:31.9	1:29.9	1:21.9	1:15.6
1:39.1	1:37.1	1:30.2	1:26.3		LC	1:33.7	1:31.7	1:23.6	1:17.1
3:31.7	3:27.7	3:13.5	3:05.5	200 Breast	SC	3:20.8	3:16.8	3:01.8	2:48.0
3:35.9	3:31.9	3:17.4	3:09.2		LC	3:24.7	3:20.7	3:05.5	2:51.4
37.9	36.9	34.0	32.5	50 Fly	SC	35.8	34.8	31.3	29.1
38.6	37.6	34.7	33.1		LC	36.5	35.5	31.9	29.7
1:28.1	1:26.1	1:17.5	1:12.2	100 Fly	SC	1:22.2	1:20.2	1:10.9	1:04.8
1:29.9	1:27.9	1:19.0	1:13.7		LC	1:23.8	1:21.8	1:12.3	1:06.1
3:12.7	3:08.7	2:49.7	2:38.3	200 Fly	SC	3:05.6	3:01.6	2:40.6	2:26.8
3:16.5	3:12.5	2:53.1	2:41.5		LC	3:09.2	3:05.2	2:43.8	2:29.8
3:06.1	3:02.1	2:47.9	2:43.1	200 IM	SC	2:55.9	2:51.9	2:36.5	2:30.7
3:09.7	3:05.7	2:51.2	2:46.4		LC	2:59.4	2:55.4	2:39.6	2:33.7
6:34.9	6:26.9	5:56.7	5:46.5	400 IM	SC	6:16.3	6:08.3	5:35.2	5:22.7
6:42.7	6:34.7	6:03.9	5:53.6		LC	6:23.6	6:15.6	5:41.9	5:29.3

All time standards are set to the tenth. Swimmers must equal or better the standard to qualify.  
 For example: 1:50.9 = 1:50.90 (1:50.90 qualifies, 1:50.91 does not qualify)